

Fulfilment

By Christopher Rose

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Chapter 1: Selflessly Helping Other People

This book is about fulfilment and how you can become fulfilled by helping other people and giving back. Fulfilment is a subject that people don't like to share or even talk about in their lives. There are many reasons why people are unfulfilled, negative, unhappy, and even unsuccessful. But the simple secret that is shared in all my books, videos, and messages is helping other people.

Fulfilment doesn't come to people who don't contribute to others or help people. It never does. It comes to the people who serve people and help people in their lives. People have always wondered, "How do I achieve success, fulfilment, happiness, prosperity, and riches?"

I have written eight books, done 1000s of videos On YouTube, helped many people in evangelism (faith), worked in mental health jobs for six to seven years, and made a massive difference in others.

The Secret - Helping Other People & Giving Back

People think to themselves, "Wow, with all of your achievement and accomplishment - you are so amazing and wonderful." I don't show

my achievement and accomplishment to boast or pride about anything I do in my life. I just never do it. I only share it to inspire some people and help those people who want to help other people and make a difference in people's lives.

Dear reader, I say in this book now that you understand that it's about helping other people and making a difference in others. It's not for congratulations or success. It's to help people and serve people in what they are going through.

The Message - Helping Other People - Making a Difference

Helping other people is not a job or a fancy thing to do in your life. It's about helping other people, serving people, and making a difference and impact on others.

I have been helping people for over six to seven years in the mental health industry, making many exceptional contributions and differences in people. People wondered, "Why are you writing books about helping other people, and why have you HELPED so many people in the mental health industry?"

I don't help people based on me. I was going through some real challenges with my mental health and was also homeless because I lost all my belongings in a fire. I was in the hospital suffering from real adversity and serious difficulties. Then something happened

in the hospital that changed my life forever. I met my hero Paul Dorrington (Employment Specialist), who helped me in the hospital to recover from my mental health problems and got me back into work to help other people in mental health. With the support of Paul, I met my second hero Karen Meechan (Clinical Psychologist) who helped me with counselling therapy to rebuild my life into something where I could support and help people with mental health difficulties.

That was how I changed from a negative, depressed, unhappy, hopeless, and suffering mental health patient who has served many people with mental health problems.

My Inspiration for this book is from these two - Paul Dorrington, Karen Meechan.

Dear reader, in helping other people, there is a hidden secret that people don't usually share in their contributions to people. I call it "*selflessly helping other people.*"

Selflessly helping other people is all about helping other people without thinking about yourself. Being selfless is very important in helping other people and making a difference in people's lives.

Understanding *selflessly helping other people* is a very vast and massive thing to do in your life. If you don't selflessly help other people with what they are going through, you

will always think about yourself and be very selfish.

Most people are very self-centred and selfish. But you cannot do anything about people like that because they choose to be like that in their life, and that's just how they are. You have to focus on *selflessly helping other people*, Support people, and help people in what they are going through. Some people, of course, don't want to be selfless in their lives because they don't want to help people or even give back.

You have to understand this simple thing to achieve fulfilment.

Fulfilment is achieved when you have helped many people. You don't help people to get something in return or to make you feel better. You help people because they need support and help in their life.

Fulfilment is a very spiritual thing, and you become more fulfilled by helping other people and making a difference.

As I write this, most people in their lives are entirely unfulfilled, very depressed, unhappy, and do not help people. This is very hard to deal with, but it is vital to learn. You don't help people because you want to get some benefits coming back to you. If you do that, it's the wrong way of helping people in difficulties.

Selflessly helping other people must be desired and achieved if you want to help others and give back. That is why most people are not helping people because of their **selfishness**.

People find selflessly helping other people to be very hard to do and also tough to achieve. Still, the simple truth is that if you help people and support people in what they need help with – you can develop the qualities and abilities to help other people selflessly. But most people fail in their lives because they only focus on themselves and everything to do with their personal lives.

Some people only eat, sleep, drink, misbehave, and joke around with their life without realising that this is not helping them or even helping people.

Selflessly helping other people is developed by helping many people and making a difference in others.

If you don't help people in your life, you cannot become selfless, and also, you wouldn't be able to help other people selflessly.

I believe everyone needs some sense of fulfilment in their life because, without fulfilment, you become unhappy, vulnerable, depressed, and unhappy.

I have been helping other people with mental health problems for many years in my

career path and vocation. I cannot begin to tell you how many of these people I support are so depressed, unhappy, and just miserable in their life without being judgemental.

I don't work in mental health jobs because I try to achieve a career boost or earn lots of money from vulnerable people I help and support. I do this work because Paul and Karen helped me when I was suffering and in great adversity in my life.

Selflessly helping other people is essential and vital to helping many people. In the work of helping other people, **THIS IS A MUST, NOT A WANT**. You don't want to help other people selflessly; you just become the person who selflessly helps other people because you do the work of helping other people.

There is a quote that I shared in this chapter to help you. The Quote:

"It is not your problems that make you who you are; it is the person you become that makes you who you are".

When you become selfless and make a difference to others, you learn just how important it is to help other people and contribute to people. Now let's go to the next chapter, "Fulfilment Over Money."

Chapter 2: Fulfilment Over money

This chapter is crucial in making a difference in others and helping other people.

Money has become an essential thing in many people's lives; it has become everything to some people. We live in a world where people want to talk about their millions and billions of pounds and self-boast with their ego and self-esteem.

Dear reader, to help other people and give back, you need to be motivated by fulfilment, not money. This can be very hard for people because they are so money-oriented.

Fulfilment over money is the motivation for people who have served many people in their life and made a difference in others.

Fulfilment not in a selfish way for the work you do, but fulfilment from helping people.

Fulfilment is more important than money because fulfilment can make you feel joyful and happier in life, but money can only keep motivating you to achieve more money.

You got a choice now...

Simple Question, do you want fulfilment? Or do you want money?

There is no right or wrong answer. ***Some people want money, some people want fulfilment, and some people want both.***

You have got to choose which one you want more in your life.

MONEY - IF YOU WANT MONEY, DO JOBS & BUSINESSES THAT PAY YOU A LOT OF MONEY & PRIDE YOURSELF ON MATERIALISTIC THINGS.

FULFILLMENT - IF YOU WANT FULFILLMENT, HELP LOTS OF PEOPLE IN YOUR LIFE AND MAKE A DIFFERENCE IN OTHERS.

Fulfilment is way more important than money, and you gain more fulfilment by helping other people and giving back. Please don't focus on money when you are helping and supporting people with their problems and difficulties.

Fulfilment is the key to true personal satisfaction and joy in life, and you will only achieve accurate fulfilment when you help many people.

Now, let's go to the next chapter, "Fulfilment."

Chapter 3: Fulfilment

Dear reader, I want you to understand fulfilment in this chapter and try your best to read the writing carefully. Fulfilment is a “spiritual thing” which can change your life in so many ways. When you become fulfilled, you will change mentally, emotionally, and spiritually. The fulfilment will make you spiritual and very joyful.

Fulfilment is achieved by helping other people or doing things you enjoy and passionate about. When you help other people and give back, you will gain a sense of genuine fulfilment, making you happy and joyful. You can also get fulfilment by doing things you love to do, making you happy and satisfied.

Fulfilment is not a selfish thing at all; it is the joy that comes from helping others and doing what you love.

I believe that anyone can achieve fulfilment in their life, but they have to follow their purpose and passion.

Helping other people is a mission – not a job or something fancy to do.

Doing what you love is your calling and purpose in life – not just something you do when you are bored.

When you discover your passion and purpose in helping other people and do what you love every day, you will gain true fulfilment and absolute personal satisfaction.

The key to fulfilment - (Helping Other People and Doing What You Love)

Dear reader, make sure you help other people and do what you love to gain fulfilment. When you achieve fulfilment in your life, you won't want money or materialistic things.

Now, let's go on to the next chapter, "Fulfilled Nature."

Chapter 4: Fulfilled Nature

This chapter is the final for this book. This chapter will explain what fulfilled nature is and how this will change your life for the better.

When you achieve fulfilment, you will enter the spirituality levels of Fulfilled Nature. This is a state where you feel delighted and joyful. The fulfilled nature is the secret to spirituality and contentment.

The fulfilled nature makes you humble, optimistic, spiritual, happy, fulfilled, and peaceful. You connect with everything within nature and see a real sense of spirituality and contentment.

Having a fulfilled nature doesn't mean that you won't experience problems or hardships sometimes in life. It just means that your STATE has changed to a fulfilled state, making things easier to deal with because you are happy and joyful.

Fulfilled nature changes you from an ordinary person to a fulfilled person with plenty of happiness and joy.

Helping other people and doing what you love is how to gain a fulfilled nature and keep you fulfilled.

Most of the works I do in my life made me fulfilled somehow; that way, I do what I do. I do not just help people in my life; I also love music, health and fitness, journaling, gardening, walking, writing books, creating videos on YouTube, and many other things.

When you find the right balance between doing what you love and helping other people, you can maintain your fulfilment and gain a fulfilled nature.

Focus your life on the things that will make you fulfilled and give you joy, and this will make you a happy, successful, prosperous, and wealthy person.

Fulfilled nature comes to the people who help other people and do what they love.

I hope this book has served you, and now you will be ready to experience fulfilment in your life. Remember, helping other people and doing what you love is the way to gain fulfilment, happiness, success, prosperity, riches, peace, contentment, spirituality, and joy.

I would now like to thank the people who have helped me to write this book and share this fantastic knowledge and wisdom with the world:

Paul Dorrington (Lead Employment Specialist).

Karen Meechan (Clinical Psychologist).

Samaritans.

Thank you for reading and good luck in achieving your fulfilment.

Fulfilment

***Selflessly
Helping Other
People***

Fulfilled Nature

***Fulfilment Over
Money***